



VOL. 39, NO. 6

BROADMEAD, COCKEYSVILLE, MD

February 2018

Trustees approve care management plan funding and Community for Life proposal

By Jackie Mintz

Following on its approval last year of payments for dementia care management plans on a one-year trial basis, the Board of Trustees decided to fund the plan for the coming year through a minimal increase in monthly fees.

The care management plan is available to residents in Independent Living who have been diagnosed with dementia. It consists of two phases: an assessment of a patient's interests and needs by a "care manager," who conducts interviews with the patient, the patient's family and professional contacts such as doctors, psychologists, lawyers, and accountants. Based on the interviews, a care management plan—a set of options—is created, with recommendations for treatment and care.

Such a plan costs \$800 per person; it is estimated to cost Broadmead \$48,000 a year. At issue was how this would be funded, whether by individual residents paying for it or by a common pool funded by residents' monthly fees. Two options were under consideration by the Trustees. Under both options, 50 percent of the cost, or \$24,000, would be funded by a combination of philanthropy and/or other cost savings.

Under the first option, each resident choosing to use the plan would pay half of the cost, or \$400. Under the second option,

continued on page 4

Health care updates

By Bob Heaton

At the last Fireside Chat, Ann Patterson, Health Services Administrator, brought residents up to date on developments in several health care areas.

Flu control

Two of the four cases reported at the Fireside Chat turned out to have been bronchitis, not flu. Both of the patients with actual flu had been vaccinated. Measures such as staff assistance at the Holly Terrace buffet and packages of plastic utensils in the Arbor Café have helped Broadmead achieve much better statistics than in the outside environment. Ann Patterson will issue updates every two weeks for the remainder of the flu season.

Nursing Director search

Several candidates have been interviewed in this very competitive field. Ann Patterson said that the final two will separately shadow her through a full day so that the candidate can better evaluate the requirements of the job and Ann can better evaluate the candidate's ability.

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The masthead photo by Erroll Hay shows a frozen Lake Maybe fountain in a recent cold spell.

Health care updates, from page 1

The person chosen will need to give four weeks' notice to the current employer, so Broadmead's new director will probably not report until late March.

Annual Long Term Care Survey

The Maryland Office of Healthcare Quality issued 782 pages of new regulations that took effect in 2017. Despite a steep learning curve, in the recently completed survey, Broadmead needed to make just four minimal adjustments. Ann Patterson is very pleased with this result and says that it speaks volumes about the abilities and dedication of Broadmead's Managed Care staff.

Outpatient Department

At the January Fireside Chat, a resident suggested that additional staff is needed to provide better and more prompt service. Health Services Administrator Ann Patterson replied that her daily checks on OPD performance clearly indicate that the resources currently in place are being underused and that make-work projects are sometimes needed to keep skilled personnel busy.

In addition, she said that the treatment flow is sometimes interrupted when residents appear without having phoned for an appointment. Appointments are generally arranged promptly, often on very short notice. Ann said that residents who are unable to receive prompt attention should relate the specifics of the instance to her so that she can make procedural improvements where needed.

Also at the Fireside Chat, a resident requested that people in OPD refrain from wearing fragrances. She, and people she knows, have aversions to scents used by staff and also by other patients.

In other OPD matters, Ann reminds cluster residents that they are responsible for making their own outside treatment appointments and for arranging transportation. They are also responsible for ordering prescription refills from the pharmacy. If a renewal is needed, the pharmacy will phone OPD for authorization.

When visiting OPD, residents are asked to bring their medications with them. OPD provides packs for this purpose. Also, if an outside clinician needs something from OPD, more notice than a day or two is needed to fill that request. Finally, if the OPD reception desk (x8024) does not answer the phone, residents should leave a message explaining their request rather than asking a specific person to call back. That person may not be

New Staff

Dr. Elizabeth McDougall, geriatric neuropsychologist. Dr. McDougall has conducted dementia diagnosis assessments for Broadmead residents for 15 years. She is looking forward to her role in the Center of Excellence in Dementia Care.



Lin Nyce, registered dietician, contracted through Dietary Consulting, Inc. has almost 30 years of clinical nutrition management. She will work Monday, Wednesday, Thursday, and Friday, serving residents on Hallowell and Taylor Halls. She will also work with Independent Living residents who are referred from OPD.



Angela Breakey

Sew and So

Tuesday and Wednesday
10 a.m. - noon
Room S-215

443-578-8816

Freshly laundered garments only!
Volunteers needed

Broadmead celebrates Martin Luther King Jr.'s birthday

By Gwen Marable Photos by Erroll Hay

Now a decade-old tradition at Broadmead, Dr. Martin Luther King, Jr.'s birthday was celebrated with a concert of singers brought here by Bernard Queen, Director of Food Service, and sponsored by the Multicultural Committee.

The auditorium was filled with the sound of soulful music. Resident Mary Agnes Evans, accompanied by resident Jackie Stokes on piano, opened the program. Five African American guest soloists, accompanied by Joyanne Amani Richardson, followed with a program of spirituals and religious and popular music. Each "touched the hearts and bones" of the audience, one resident said.

The master of ceremonies for the second year was Broadmead trustee Clinton Pettus. He interwove interesting facts about the life of Dr. King and asked questions that had surprising answers. To close the program, the audience standing, as is the custom, joined in the singing of "Lift Every Voice and Sing," sometimes known as the Negro National Anthem.



Top, from left: **Gretchen Stark, Mary Agnes Evans, Jackie Stokes, Kevin Carr, Randy Sellers, Devin Mercer, and Marla McKinney.**



Middle: **Mary Agnes Evans and Jackie Stokes.** Bottom, from left: **Gretchen Stark, Clinton Pettus, and Kevin Carr.**



Great Decisions

Facilitator - Barry Rascovar

Mondays, 3:30 p.m. Auditorium

February 5 - **China and America**

February 12 - **Media & Foreign Policy**

February 19 - **Turkey: a partner in crisis**

February 26 - **U.S. Global Engagement and the Military**

BRA Concert Series

Elizabeth Hart

and

Siobhan Kolker

Vocal Duo

Sunday, February 25
3:30 p.m. Auditorium

Planned Wi-Fi troubleshooting led to temporary increase in speed

By Jackie Mintz

Responding to sporadic reports of connectivity issues on the Resident-Broadmead Wi-Fi network, and fluctuations in its strength and speed, Broadmead's IT partner, Asbury Technologies, determined that a programming change to the Resident-Broadmead network was needed to resolve both problems. Unforeseen difficulties resulted in the outage lasting longer than announced, but the result was a temporary increase in speed and signal strength.

The update took place on the morning of December 21, as scheduled. Residents had received a notice in their mailboxes two days earlier. After initial indications of success, calls began to arrive in the late afternoon and evening from residents unable to connect to the Resident network.

As a temporary fix, residents were instructed to switch to the Guest-Broadmead network. The Resident network was restored Friday evening, and residents were informed about the fix. After that, few additional connectivity problems were reported.

It was decided at that time, given the upcoming holidays with an expected increase in resident and guest demand, to temporarily increase the speed on both the Broadmead-Resident and the Guest-Broadmead networks. This increase yielded speeds reported by residents as a very fast 50 Mb per second.

Asbury technicians have been evaluating the performance of the entire Wi-Fi infrastructure to ensure appropriate coverage as well as to eliminate potential conflicts with the Staff-Broadmead network.

Residents, however, cannot look forward to continued high speeds. When the evaluation is completed, speeds are expected to return to previous levels, which were typically 5-10 Mb per second, depending on proximity to access points. On the positive side, residents will no longer encounter fluctuations in signal strength or difficulties in connectivity.

Trustees, from page 1

the \$24,000 balance would be raised by increasing monthly fees by approximately 0.15 percent. According to CFO John Palkovitz, this would translate to between \$5 and \$10 a month, depending on a resident's monthly fee.

The Board adopted the second option, guided by the recommendations of the Center for Excellence in Dementia Care Workgroup and the Strategic Planning Committee.

Note that the care management plan is *not* the same thing as the dementia assessment for diagnostic purposes, which is conducted by a geriatric neuropsychologist (see *New Staff*, page 2). The cost of the dementia assessment is covered by Medicare.

The Board also greenlighted the administration's proposal to submit an application for the Maryland Department of Aging's new initiative, Community for Life, which envisions the creation of a program of non-medical services for older people in the wider community to enable them to age in place.

This program, which would operate as a separate corporation, would be available to community residents for a yearly fee and is projected to reach a break-even point by 2020.

Services offered would include basic home maintenance tasks, such as replacing light bulbs, changing HVAC filters, picture hanging, small paint and repair projects, and other small jobs. The program would also provide some transportation and advice on home repairs, including a list of contractors vetted by Broadmead and assistance with referrals and evaluation of the proposals.

Members would have access to Broadmead's fitness and aquatic centers. Other services would be available for an additional fee.

Such a program would advance Broadmead's commitment, as expressed in one of the four strategic goals, to serving a more diverse community of older people.

The application process is expected to launch on April 1.

The program would start with a small client base.

Broadmead joins the battle against superbugs

By Bob Heaton

Health Services Administrator Ann Patterson has informed residents that Broadmead has established new protocols for the administration of antibiotic drugs. This type of program is known as antimicrobial stewardship.

The overuse of antibiotics in recent decades has promoted the emergence of bacteria that have become drug-resistant by mutating quickly into strains that are immune to the medications used to treat them. Ann notes that the Centers for Disease Control and Prevention describes this situation as “one of the world’s most pressing public health threats.”

When antibiotics were developed after WWII, it was hoped they would eradicate a number of diseases and lead to a greatly improved overall health picture. To a great extent, that has taken place. But the law of unintended consequences has set in, resulting in an array of unforeseen problems, particularly for older patients. In addition, health issues multiply with age, requiring the administration of a variety of medications. When new antibiotics are added to the mix, the risk of adverse effects is greatly increased.

To minimize these dangers, Ann says that Broadmead’s use of antibiotics will be fine-tuned by avoiding broad-spectrum medications and by using antibiotics only when specific conditions exist.

Along with the notice to residents, Ann distributed copies of the “Loeb Minimum Criteria for Initiation of Antibiotics.” This schedule specifies thresholds for three classes of infections—skin and soft tissue, respiratory, and urinary tract—which are the most common types of infections seen at Broadmead.

Ann further reports that once the need for antibiotics has been established, the drug administered will be a narrow-spectrum medication designed to combat the specific bacterium causing the infection.

Sales of homes remain robust; tax bill provisions generally favorable for residents

By Jackie Mintz

Marketing. At a recent Fireside Chat, Vice President for Sales and Marketing Kristy Krueger reported to residents that 95.6 percent of garden homes were occupied and 99.2 percent were reserved, meaning only two units were available.

She also announced that 70 people are on the priority list for the new Hillside Homes, exceeding the goal of 55. The all-important reservations phase will begin on March 1. People interested in reserving a unit will pay a 10 percent deposit and sign a deposit agreement. The move-in date is projected to be sometime in 2020.

Finance. At the same meeting, CFO John Palkovitz summed up the implications of the provisions of the new tax bill relevant to Broadmead residents.

1) Not only was the *medical deduction* retained, the new terms are more favorable to seniors. Qualifying medical expenses that exceed 7.5 percent of adjusted gross income can be deducted, whereas the previous law required a threshold of 10 percent. However, this provision expires after two years.

John indicated the annual Medical Deduction Letter would be distributed at the end of January.

2) The availability of *tax exempt financing* was also retained, which is important for Broadmead’s plan to raise money for Master Plan construction.

3) The provision for *deductions for charitable contributions* was unchanged, though the deduction for state and local tax payments is capped at \$10,000.

4) The *cost of borrowing* may rise because of the reduction in the corporate tax rate. Corporate lenders buying tax-exempt bonds would save less in taxes and would look for a higher rate of return.

MICA students' works to be on display



Ryan Lytle, "Lion"



Sera Boeno
"Concrete Landscape 2"



Joshua Pyburn
"Remnant of the Shadow"



Hunter Boeh
"Running Late"



Cynthia O'Neill, "Opia Mandala"



Alexandra Green, "Aries"



Cevahir Ozdogan
"Erect a Monument"



Alfredo Rodriguez Medrano
"Charm City 1"

THE CREATIVE SCENE

By Jane Elkinton

MICA Sculpture Exhibit

The Broadmead community will enjoy a first-ever event in February: **VICINUS** (Latin: neighbor) will be an exhibition of work by students in the Rinehart School of Sculpture, a graduate MFA program at Maryland Institute College of Art (MICA). Eleven students will present their sculpture in locations throughout the Broadmead Center, inviting the community to see first-hand examples of cutting-edge work by emerging professional artists. (See photos on facing page.)

Many hope this event will lead to an ongoing relationship between MICA and Broadmead. The Center of Excellence in Health and Wellness, directed by Andy Switzer, is sponsoring the exhibition, with planning assistance from an Art Committee of residents including Nancy Allchin, Jai Dixon, Jane Elkinton, Liz Jackson, Lynn and Ross Jones, Denise Love, and Jackie Mintz.

Many Broadmead residents have ties to MICA through past study and other associations. Examples include Nancy O'D Wilson, MFA graduate of the Hoffberger School of Painting; Jai Dixon, alumnus in sculpture; Ross Jones, member of the Board of Trustees; and Jane Elkinton, professor emerita of art history.

The Broadmead community will enjoy opportunities to interact with the artists to discuss their works, their lives as sculptors, and the lively international contemporary art scene.

The students have come to MICA from various places including California, Florida, Virginia, China, Mexico, South Korea, and Turkey and are guided in their work by Professor Jann Rosen-Queralt, interim director of the Rinehart School.

The media are richly varied: concrete, granite, steel, polymer clay, *papier mâché*, ceramics, paper, slate, and yarn.

There will be an opening reception on Saturday, February 3, at 3:00 p.m. in the Lounge; the exhibit will close on March 8.

Other exhibits

Quilts by **Carole Glowacki's** group, Quilts by Design, supplemented by Broadmead quilters' works, will warm the East Hall in February, while on the Lower Level Gallery, **Photography Club** photographs explore the theme of "Water."

Right: **Carole Glowacki** and one of her quilts.

Bottom: Approaching Storm" by **Raymond Lund**



Delights abound in the Asian Objects exhibit occupying the Display Case, which overflows with spectacular pale green jades, delicate ceramics, detailed wood and metal works, and lots of gods and mythical creatures, such as the auspicious bronze Qilin beast (from an obscure little shop in Old Delhi) on the bottom shelf.

Among the loans from 22 residents, God Shiva dances

in a ring of fire as he destroys the old universe and flirts with his consort Parvati, while the elegant goddess Saraswati holds her stringed zither amidst all the other rich treasures.



Erroll Hay

BROADMEAD WELCOMES

Caroline Abell Coleman, A-13. 443-207-4777. coleman1235@comcast.net. January 2018.

Caroline Coleman grew up on the Jarrettsville Pike, overlooking Loch Raven Reservoir. She was a happy outdoors girl who was allowed to thoroughly explore and enjoy her surroundings. She remains grateful that her father drove her from out in the county to the Bryn Mawr School every day.

Caroline attended Wheaton College in Norton, MA, but left to marry Gage Ellis. The couple had three children: Amanda Washburne, Timothy G. Ellis, and Betsey Moran, whom they lost to cancer some years ago. Caroline is proud of her 10 grandchildren and three great-grandchildren.

After her marriage ended in divorce, Caroline first took adult education courses and later graduated from the College of Notre Dame of Maryland. Her best memory of that event is that she walked across the stage with one of her granddaughters in her arms.

Caroline gained work experience as a receptionist in a law firm and then as a volunteer guide at the National Aquarium. She also volunteered at the Roland Park Public Library and was a tutor at Roland Park Elementary School.

After she married Randall C. Coleman, a maritime lawyer, Caroline often traveled with him to port cities along the East Coast, as well as to ports abroad. She greatly enjoyed visiting elegant ships and bustling seaports.

Caroline came to Broadmead from The Orchards in Baltimore, where she had lived for 43 years. She is interested in hiking of all kinds, having given up tennis and golf several years ago. She also enjoys visiting her grandchildren, gardening, and reading.



By Elborg Forster

Jean Brown Simms, R-15. 443-578-8240. jsimms1380@aol.com. January 2018.

Jean Simms' soft southern accent comes from being born in Lumpkin County, GA and from her early years in Dahlonega, north of Atlanta. Her fond memories of time on her grandfather's 600-acre farm helped shape her love of the outdoors and of the many facets of a fully functioning farm.

Jean's father died when she was 12 years old, and her mother raised Jean and her brother and sister by herself. By dint of a

series of jobs and enterprises, she saw to it that all three children graduated from college.

Jean graduated from North Georgia College and took additional course work toward a master's degree. She taught elementary school for three years in Dahlonega and served as a supervisory teacher for North Georgia College

student teachers.

In 1955 Jean married John Alvin Simms. The couple moved first to Pennsylvania, where Jean taught elementary school in Media. They then moved to Wilmington, DE, where John, an organic chemist, conducted research for 43 years at the DuPont Fabrics and Finishes Division. His expertise took them on many trips to Europe.

During their time in Wilmington, their two children, Stephen and Barbara, were born. Jean also worked as a substitute teacher and as a volunteer. She volunteered as well at Brandywine Valley Baptist Church.

The couple moved to a retirement community in Glen Mills, PA. After John died, Jean moved here, to be close to her son and his family, who live in Hunt Valley.

Jean enjoys gardening, reading, volunteering, and working with Christian Fellowship. She has four grandchildren.



Brenda Boughter, R-13. 443-578-8334. delboughter@aol.com. October 2017.

Brenda Boughter was born and brought up in Canton, in Baltimore. She attended Patterson High School and graduated from Towson University.

Brenda taught for a short time and then joined Crawford & Co., a third-party claims management company. Her work there involved investigating claims for insurance companies, a job demanding a clear assessment of people's honesty. Because many cases were Workers' Compensation claims, frequently involving medical issues,

Brenda studied medical textbooks and attended lectures. All this made for a busy life.

Brenda worked at Crawford for 22 years. She started out as a claims service representative, then adjuster, supervisor, and finally manager. Retiring from Crawford, she next worked for AIG as a claims

supervisor and consultant for another 10 years.

Brenda retired for good in 2006. Her husband, Del, was also recently retired; he received from his company the gift of a cruise "wherever you want to go." The Boughters loved that first Caribbean cruise; during the years since, they have gone on 14 cruises.

Living in Glen Arm since their marriage in 1989, Brenda and Del kept busy with a garden there. They also adopted a series of rescue dogs; two Schnauzers, Tess and Samantha, moved with them to Broadmead.

Brenda had three children from a previous marriage. One son, Bryan, died in infancy. Her daughter, Kimberly, died last October, just before the Boughters moved to Broadmead. Her son Steve is the minister at First Baptist Church near Pittsburgh. There are three grandchildren, ages 25, 23, and 21.

By Elborg Forster



Del Boughter, R-13. 443-578-8334. delboughter@aol.com. October 2017.

G. Delmar Boughter was born and grew up in Baltimore. He attended public schools of Baltimore and graduated from Polytechnic Institute. He then attended junior college and also studied engineering at Johns Hopkins McCoy College.

Early imbued with a work ethic, Del had a News American paper route as a boy. At ages 16 and 17 he worked at Gunther Brewery during the summers.

He started his business career as a draftsman in the Engineering Department of Bethlehem Steel.

During his 30 years at Sparrows Point, he served as safety supervisor, administrative assistant to the superintendent of the Fuel and Steam Department, and finally project analyst.

Retiring from Bethlehem Steel in 1984, he was soon hired as president of Phillips Brothers Warehouses.

After Phillips Brothers merged with Belt's Distribution Services, Del served as administrative vice president until his retirement in 2003.

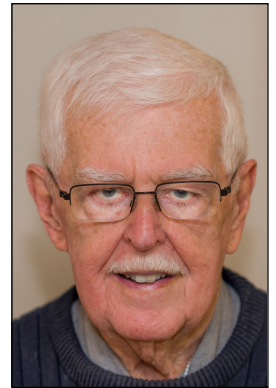
He is a member of Grace Lutheran Church, where he has served several terms on the church council.

Del resided in the Glen Arm area beginning in 1971. In 1989, he married Brenda. The couple lived for 28 years in Glen Arm until their move to Broadmead. During that time, they took 14 cruises.

Del is a member of Masonic Order and served as leader "potentate" of the Boumi Shriners in 1985. He helped raise funds for the 18 children's hospitals and the three burn centers that the Shriners maintain.

In 2005, Del helped host thousands of visitors at the Shriners Convention in Baltimore

By Elborg Forster and Bob Fetter



Jacob Lawrence exhibit at the Lewis Museum attracts Broadmead residents

By Del Sweeney

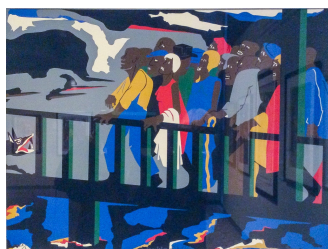
A band of nine hardy residents braved the lingering snow and the incoming polar vortex to visit the Reginald F. Lewis Museum last month. The museum is devoted to African American history, particularly in Maryland and its environs.

A collection of over 50 prints by painter Jacob Lawrence, from personal collections in and around Maryland, was the museum's special exhibit. Known

particularly for his earlier paintings on "The Migration" (many in the Phillips Collection), Lawrence took up print making later in life. The exhibit contained many depictions of construction workers as well as posters commemorating events such as the attack on civil rights marchers on the Pettus Bridge in Selma, Alabama.

A museum guide led the group through the permanent exhibits, which included interesting information on iron workers (both free and enslaved), who were more highly valued and better paid, and field workers involved in the growing of tobacco in Maryland. Special displays highlighted two of the group's heroes. Resident Stanton Collins gave a brief impromptu talk on Robert M. Bell, former chief judge of the Maryland Court of Appeals.

Another exhibit was devoted to Esther McCready, a Baltimore student whose case for admission to the University of Maryland School of Nursing was won on appeal by Thurgood Marshall, who himself had been denied admission to the University of Maryland Law School because of his race.



In Memoriam

Marie Litz

December 3, 1922 - December 18, 2017

Edward Crawford

October 14, 1928 - December 22, 2017

John Robbins

March 24, 1925 - January 6, 2018

Priscilla Wiswell

July 15, 1917 - January 10, 2018

Jo Ann Koehler

August 22, 1932-January 23, 2018

Met Opera Bus Trips

Charles Theater

L'Elisir d'Amore - Donizetti

Saturday, February 10

La Boheme - Giacomo Puccini

Saturday, February 24

Bus departs: 11:30 a.m. Lower Level

Return by 5:30 p.m.

*Please check the **Bulletin Board** behind the reception desk*

for information and sign-up sheets.

Bus charge is \$15/person

Buy opera tickets at the Charles Theater.

New Arrivals

Mary-Carroll Potter

M-8

Robin Tate

C-10

Let's Sing

Monday, February 19

7 p.m. Lounge

Cabaret Music and Dancing

Monday, February 12

7 - 8:15 p.m. Lounge

Everyone welcome

Supreme Court history reviewed

By Ed Hirschmann

Broadmeaders were treated to a series of expert talks in January on the U.S. Supreme Court, sponsored by the Adventures in Learning Committee.

The speaker was James O'Hara, professor and dean at Loyola University, editor of *Studies of the Supreme Court*, and a member of the executive committee of the Supreme Court Historical Society.

The climactic part of a Supreme Court case is the oral hearing, but the entire case must be submitted at least a month in advance, for study. Last year the court was asked to hear almost 10,000 cases; it selected only 81.



Erroll Hay

Each side of a selected case is strictly limited to a 30-minute presentation. William Rehnquist, the late Chief Justice, was a stickler for that limit.

O'Hara quoted him: "If you haven't made your point in

30 minutes, you won't make it in 31."

A vital part of the judiciary is the law clerks—four for each justice, five for the chief justice. They are the cream of the law school crop. Although they only serve for one year, they do the vital work of analyzing the legal briefs as submitted.

The most important case in Supreme Court history, said O'Hara, was *Marbury v. Madison*, an 1803 decision that established the "supreme" authority of the court. Marbury, he explained, had been appointed a justice of the peace just before John Adams left the presidency, but his commission had not been delivered, and James Madison, the incoming secretary of state, refused to deliver it.

Although the court said that Madison ought to give Marbury his commission, it ruled that the provision of the Judiciary Act of 1789 under which Marbury brought his claim to the court was unconstitutional. Thus the court firmly established its power to rule on the constitutionality of laws.

The Supreme Court, said O'Hara, has heard 25,000 cases since President George

Washington appointed the first court. The court first met in New York City, then in Philadelphia. It next met for twelve years in the old Capitol Building—until that was burned by the British in the War of 1812. The court then occupied the old Senate chamber in 1814 and remained there until 1935, when it moved into its present handsome marble palace, opposite the Capitol.

New Towson University graduate fills in for Wellness Coordinator

By Bob Heaton

Just two weeks after receiving her bachelor's degree in exercise science from Towson University, Dinasha Golden-Neal began her career by filling in for Wellness Coordinator Rebecca Smith. Rebecca's 12-week maternity leave began on January 10, when she gave birth to Sophia Michelle Smith.

Dinasha enjoys her work at Broadmead, having thus far conducted classes in Bounce and Balance, Balance Splash, and Brain Aerobics, and bi-weekly Move Well sessions on Hallowell and Taylor. She also assists in assessments in the Fitness Center.

While studying at Towson, Dinasha interned at the pulmonary rehabilitation unit at St. Agnes Hospital. After her Broadmead engagement ends, she hopes to earn an associate degree in respiration therapy at the Community College of Baltimore County.

In leisure hours, Dinasha enjoys walking Duchess, her Boxer Lab mix, reading, and streaming programs such as "The Crown."



Erroll Hay

VICINUS

Works by Graduate Students
MICA Rinehart School of Sculpture

Reception: Saturday, February 3, 3 p.m.
Lounge

Residents visit Vermeer and friends

By Elsa Collins

Photos by Bob Heaton

Last month, 24 Broadmead residents stepped into the lives of wealthy seventeenth-century Dutch merchant families. The special exhibit at Washington's National Gallery of Art, "Vermeer and the Masters of Genre Painting," brought together nearly 70 works by five Dutch painters who set aside earlier religious and mythological subjects in favor of scenes of the daily activities of the rising merchant class.

Similar interior domestic scenes of elegantly dressed, bejeweled ladies engaged in music, sewing, letter writing, courtship, and

interactions with servants encourage viewers to compare the five artists' renditions. Fewer pictures include male figures: a letter writer, a cartographer, an astronomer, several doctors, and a drunk.

Vermeer, the more popular artist today, was represented by 10 works, primarily from museums in the Netherlands and Germany; these constitute a significant proportion of his 34 surviving paintings.



The brochure for the exhibit provides details about each artist's life and artistic styles as well as the similarities and differences in composition and use of color. These details suggest degrees of artistic collaboration and

competition that may have existed.

The viewer may also wonder about the competition on the part of the purchasers. If one woman displayed her financial status by being painted with a parrot, an expensive, exotic pet, did others want the same status symbol in their paintings?

Top: **Richard Goody** and **Brigid Goody**;
below: **Alice Giles**. Right: **Suzanne Crowder**
explaining painting to husband **Jim Crowder**.

Residents advised on positive caregiving

By Bob Heaton

Speaking before a large audience in the auditorium at the January BRA Health Care Lecture, Ann Kaiser Stearns, Ph.D., outlined current thinking on successful aging and effective caregiving.

Describing the phases of life as childhood, adulthood, early old age (63 to 79), and old old age (80 or 85 to 100+), Stearns said that stress is a huge impediment to well-being at any stage of life and that social contact is as important as proper diet.

Exercise, particularly later in life, increases and maintains mental acuity, as shown in a seven-year study cited by Stearns that compared adults who exercised 30 minutes a day with inactive people of the same age. As for dementia onset, she said that medical problems and the environment are larger factors than genetics.

In caring for diminished elders, it is appropriate to mourn what has been lost, but it is more important to cherish what remains. Stearns gave many examples of effective and ineffective techniques of dealing with the mental and physical problems of old age. She said the most important consideration is for caretakers to guard their own well-being to avoid what she called John-Henryism—the impulse to overwork to exhaustion.



Erroll Hay



Broadmead residents engage in Tai Chi and Qigong

By Richard Goody

Every Saturday morning at 11, three Broadmead residents—Jean Wilson, Jim Crowder, and Alma Smith—co-teach a half-hour class on Qigong to about 20 residents.

Qigong is an ancient Chinese method of building and balancing life energy (Qi) through exercise. Qigong is the general name for many different kinds of exercise (including Tai Chi) that emphasize the role of movement, proper breathing and concentration.

The exercises are not complicated. They involve gentle stretching, focused breathing, and attention to posture and relaxation. Participants believe that practicing Qigong can help to keep them healthy. The aim is to harmonize the flow of Qi as it enters one's body.

The program in its present form began in 2007. Residents can enter at any time and can participate while seated.

The Tai Chi program (Mondays, 9:30 a.m.), part of Broadmead's Wellness program, was contracted out to Baltimore Tai Chi in 2016. Two seasoned instructors, Eric Johnson and Claudia Thomas, lead a program that differs only stylistically from Qigong. The exercise sequences are longer and somewhat more arduous. New steps are introduced from week to week. The estimated average attendance is 20 residents.

From the health point of view, general and specific benefits are claimed for both programs. OPD has referred patients with balance and respiratory problems to Qigong.

Editors' note: From the NIH National Center for Complementary and Integrative Health:

"Research findings suggest that practicing tai chi may improve balance and stability in older people and those with Parkinson's, and promote quality of life and mood in people with heart failure and cancer.

Qi gong also may help to improve general quality of life."

Take unused medicines to OPD for safe disposal

By Sue Baker and Bob Heaton

At some point, everyone possesses medicines that are no longer being taken. These items should never be flushed down the toilet or put in the trash. Flushed products can find their way into the environment, and discarded items may feed the cravings of dumpster divers.

Fortunately, there is a safe and easy way to handle these situations. Any OPD staff member can ensure that medications turned in to OPD will be disposed of properly.

There are many reasons why residents may have surplus medications. At Broadmead, Managed Care has a different pharmaceutical supplier than the one recommended for independent living residents.

When a resident moves to Managed Care, the slate is wiped clean, and new medications are supplied. The resident, or a friend or family member, needs to dispose of the medications left behind.

For cluster residents, a clinician may order a medication replaced or stopped. In those cases, there will be supplies left over. Or a resident may find that a medicine is past the expiration date, resulting in more unused pills or capsules.



Erroll Hay

Top: Qigong class; bottom: Tai-Chi class.

The BRA Food Committee

By Sidney M. Levy and Bob Heaton

"What's for dinner?" is a topic that concerns almost everyone on the Broadmead campus. Those most directly involved are Director of Food Service Bernard Queen, Executive Chef Dan Hall, Assistant Executive Chef Jerrell Fleming, Administrative Manager Melinda Purkey, and Brenda Evans, Food Service Manager for the Garden Dining Room in Managed Care.

These five meet monthly as part of the BRA Food Committee, which is chaired by Edie Cleaves. Other committee members are Josepha Caraher, Sharon Karsk, Renata Meise, Carolyn Russell, and Lucinda Shaw. Also attending is BRA liaison Dotty Schwartz. Lin Nyce, the dietician, is also invited.

The primary agenda item is a discussion of the comment cards available in all the dining venues. Before reaching the Food Committee, the cards are seen by relevant food service staff and are initialed to acknowledge receipt. Typically, about 75 percent of the cards are complimentary. The others, which mention things such as food temperature, spiciness, too much or too little salt or sugar, are reviewed for appropriate response and/or solution.

Residents receive quarterly Dinner Cycle menus listing the food choices for each day. The Food Committee advises on these selections, and residents are welcome to contact Food Service staff with suggestions, which are duly considered.

An OPD physician and the dietician can work with a resident with special dietary needs to develop a custom meal plan, and these meals can be picked up by the resident at appropriate times. Or, if authorized by OPD or necessitated by bad weather, these meals can be delivered to the resident's apartment.

Many items shown at the top of the Dinner Cycle menus are always available on request. However, since these choices are often prepared to order, residents asking for them should be prepared to wait 15 minutes or so for their preparation.

The Food Committee is looking at a new "clean eating" movement involving offerings with short ingredient lists and minimal

processing and handling—as close to natural as possible. Such items almost always have fewer calories than their more processed counterparts.

The committee chair and resident members are appointed for one year by the BRA Executive Committee and can be reappointed for no more than two years. In this way, membership rotates, and more residents have opportunities to participate. Nine members is the upper limit for efficient operation.

Editor's note: this is the first of a series of articles on BRA committees.

Linnette Kanitz carries on the Broadmead landscape tradition

By Bob Heaton

At the January Exchange gathering, Grounds Manager Linnette Kanitz apologized for being unfamiliar with public speaking, and then went on to captivate a large, enthusiastic audience for 45 minutes. She marveled that everywhere at Broadmead there are friendly, interesting people and beautiful flower arrangements.

A graduate of Michigan State University in landscape design, Linnette began service at Broadmead in July 2013. She may not know everyone's name, but she knows everyone's garden, and she respects the design and work that residents choose to do on their own.



Bob Heaton

She encourages residents to email her with suggestions, alerts, and requests, all of which are read and absorbed, even if not promptly answered. She feels a sense of historic community and sees herself as carrying on the horticultural work begun by others, staff and residents, years ago.

Linnette and husband Samir enjoy camping with their three children aged nine, five, and 14 months. She says that caring for that family is her second job, and much more hectic than her work at Broadmead.

BRA endorses “netiquette” guidelines for Google Group messages

By Jackie Mintz

The residents' private group email list, which uses the platform Google Groups, has been in existence for several years. More than 160 residents have enrolled. Responding to questions last summer about what is appropriate behavior, sometimes called “netiquette,” on this group list, the BRA Board of Directors approved and promulgated guidelines for the style and content of messages.

The guidelines were prompted by a number of instances, including, among other things, that private information about employees' health and salary offers had been revealed by residents on the listserv (with good intentions, but still in violation of personal privacy) and that potentially divisive political views were sometimes expressed that had nothing to do with the Broadmead community.

To join the Broadmead residents' email list, send an email to brabroadmead@gmail.com.

The guidelines are reproduced below.

GUIDELINES FOR THE RESIDENTS' GROUP EMAIL LIST

The email list is intended to be a friendly means of communication with its focus on the well-being and activities of Broadmead residents. It is up to the residents themselves to monitor its use and to gently remind one another of the following guidelines when necessary:

- Be mindful of the content of your messages. When you SEND a message on the email list, it goes to all 160 residents enrolled. The message can then be FORWARDED by the recipients to anyone on the Internet. What goes on the Internet stays there permanently.
- Respect the personal privacy of others. This is not the place for Broadmead gossip. Discussion of personal matters related to residents and employees should be avoided.
- Avoid heated discussions. The email list is not a platform for airing political opinions,

religious issues, or other topics that could be considered divisive by some residents.

- Use REPLY instead of REPLY ALL. REPLY will send your response only to the creator of the original message instead of to all 160 members of the email list. Further, it will reduce the number of unwanted messages that accumulate in the in-boxes of email list members.
- Do not post personal advertisements, items for sale, or requests for donations.

Vincent DeMarco advocates for limits on prescription drug prices

By Ed Hirschmann

Vincent DeMarco, Maryland's leading public health crusader, wants to strengthen the law against “price-gouging” by drug manufacturers.

He told a Broadmead audience that some drugs have been priced so high that people needing them cannot afford them. Last year he was instrumental in the passage of a law that prohibited “price gouging” on generic and off-patent drugs, and gave authority to the Attorney General to move to stop such price increases. This year, he will be working on a law that covers brand drugs as well.



Erroll Hay

DeMarco, president of the Maryland Citizens' Health Initiative, described a six-step plan for successful advocacy, from developing an evidence-based policy plan and commissioning a high quality poll, to enlisting the help of organizations and the media, and to securing the endorsement of legislators.

DeMarco defended the much-attacked Affordable Care Act, saying that since its enactment, the number of those without health insurance in Maryland has dropped in half.

His most recent area of interest is a “clean-energy initiative,” which has as its goal that half of the energy used in Maryland be produced by clean sources by 2030.

Old and New Shop

Weekdays 10 - 2 Saturdays 11 - 1

Corner Cupboard

Weekdays except Wednesday 10 - 4:30

Broadmead Writers Group

Fridays, 4 p.m.

Fireplace Room

Often followed by dinner

New members welcome

February Exhibits

East Hall

Quilters by Design

Display Case

Asian Art Objects

Various Locations

VICINUS Exhibit

MICA Rinehart Students

Lower Level Gallery

"Water" Theme Photographs

BRA Health Care and InSight Lecture

Common Eye Diseases from A to Z

Deena Ghazzi, O.D.

Tuesday, February 20

10:30 a.m. Auditorium

Sidney Levy speaks about construction

By Bob Fetter

While speaking at the first Men's Saturday Social of 2018, Sidney Levy, who arrived here last October, was asked about his decision to move to Broadmead. A serious hospitalization, with his family members living at a distance in Montana, Florida and New York, convinced him it was time to leave Cross Keys. After visiting some high-rise retirement communities, he came out to Broadmead. "When I pulled in off York Road, I knew this was the place," he said.

Sidney shared highlights from his career in construction management and consulting, a portion of which took place in Connecticut during the period when numerous corporations, including Walden Books, Singer, and Cuisinart, were moving their headquarters out of New York City.

Sidney's interest in construction techniques and project financing led to time spent in Japan and Hong Kong, researching the practices of major Japanese construction firms, including their "base isolation" approach to make buildings more earthquake-proof. He also mentioned ways to finance projects through B.O.T. (Build-Operate-Transfer), with long-term leases and public-private partnerships. As examples, he cited the Channel Tunnel Project between England and France and, closer to home, the Dulles Greenway Project. He expressed a general concern about the current condition of infrastructure, noting that a significant portion of Maryland's bridges need attention.

Sidney also described his stint as a consultant for the renovation of Fenway Park, from 2002 to 2004. Finally, he mentioned his interest in and ownership of foreign cars, particularly Alfa-Romeo and Ferrari models.

Broadmead Library

Please return any books
you are no longer using.

Thank you

BRIEFS

By Jackie Mintz

Beth Zimmerman has donated four of her paintings to the Wilmer Eye Institute at The Johns Hopkins Hospital. A reception was held on January 25 to celebrate the donation.

Isaac Rehert, shown here with Sue Baker, celebrated his 96th birthday with a bash in the Lounge attended by a large number of residents and friends.



Angela Breakey

Elborg Forster performed her play based on letters by Princess Liselotte. The letters were collected and translated by Elborg in a volume published by Johns Hopkins University Press.



Angela Breakey

Jackie Mintz will be participating in an exhibit of paintings by members of her art group, Art10 Baltimore, at the Y:Art Gallery at 3402 Gough St. The opening reception is on Saturday, February 10, from 6 to 9 p.m. All are invited.



Erroll Hay

At a Broadmead Concert Series performance, Chad Bowles, chair of the Piano Department at Peabody Preparatory and co-director of the Peabody Piano Academy, played Haydn and Chopin sonatas and two opera transcriptions by Liszt.

BRA Trips Committee

The Walters Art Museum

Fabergé and Asian Arts

Thursday, February 22

Bus departs: 9:30 a.m. Lower Level

Return by 1 p.m.

*Please check the **Trips Bulletin Board** behind the reception desk for information and sign-up sheets.*

BRA Open Forum

Art Deco Influence on Industrial Design

Ernest Liotti

*Faculty artist, Peabody Institute,
Adjunct Professor, Loyola College*

Friday, February 2

7 p.m. Auditorium

(Snow date: Friday, February 23)

Paint and Pastels

Thursdays

10 a.m. - noon

Lower Level Art Room

Know Your Neighbors

Wear Name Tags

First three days of the month

The Broadmead Resident email List

To join the Broadmead Resident email list send an email to:

brabroadmead@gmail.com

Also do this if you change your email

Religion at Broadmead

Friends Meeting for Worship

Sundays, 11 a.m.
Stony Run Board Room

Interfaith Vespers

Third Sundays, 4:30 p.m.
Lounge

Bible Study

(sponsored by
Govans Presbyterian Church)
Tuesdays, 10 a.m. Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
Second Wednesdays, 10 a.m.
Stony Run Board Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
First Thursdays, 10:30 a.m.
Dining Room Flex Space

Conversations in Morals and Ethics

(sponsored by
Towson Unitarian Universalist Church)
Second Thursdays, 10 a.m.
Fireplace Room

Shabbat Service

Third Fridays, 7 p.m.
Fireplace Room

Conservation Tip

By Susie Fetter

When the temperature dips below 14 degrees, pipes will not freeze if you allow water to drip from a single faucet. Be sure that the water is only dripping and not flowing in a small stream. In a study cited by the New York Times, the average person wastes 3,650 gallons of water every year.

Another action you can take to save water is to turn off the faucet while brushing your teeth.

Musical Gift and Memory Program

By Elborg Forster

"Sunny Side of the Street," Stormy Weather," "I Get a Kick out of You," "Sentimental Journey"—these were among the songs Carolyn Whittington loved and wanted to share with the whole community in a concert she narrowly missed.

The memorial concert was a splendid occasion, with a performance by the group Ambuscade, consisting of Iva Jean Ambush (vocalist), Terry Koger (saxophonist), Nico Sarbanes (trumpeter), Pete Frassrand (pianist), John Leonard (bassist), and Francis Thompson (percussionist).

Moving around Broadmead

	From	To
Laura Waschler	J-1	T-325
Esther Krasevac	R-16	T-304

Men's Saturday Social

9:30 a.m. Auditorium

February 10 - TBA

February 24 - Dick Moxley

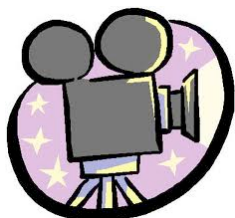
Please wear name tags

Ceramics

Thursdays
1 - 3 p.m.
Lower Level Ceramics Studio

Broadmead Chorus

Rehearsals
Fridays, 10:30 - 11:45 a.m.
Auditorium



Broadmead Movies

Auditorium 7 p.m.

Tuesdays: Sita Smith & Emily Mohr
Saturdays: John DePrine and Bob Gist

Saturday, February 3 *The Shell Seekers*

(Angela Lansbury, Irene Worth)

Penelope Keeling is torn between the selfish demands of her children to sell a painting by her famous father and a desire to hold on to a precious memento of the past.

1989 PG 1h 42min

Tuesday, February 6 *The Promise*

(Oscar Isaac, Charlotte La Bon, Christian Bale)

Brilliant medical student meets and falls in love with dance instructor Anna in late 1914. Set against the background of the Armenian genocide. Movie will be introduced by Sita Smith.

2016 PG-13 2h 13min

Saturday, February 10 *Dunkirk*

(Tom Hardy Whitehead, Tom Glynn-Carney)

The evacuation of British soldiers from Dunkirk during WWII is one of those incredible stories of heroism and heartbreak.

2017 PG-13 1h 46min

Tuesday, February 13 *Muriel's Wedding*

(Toni Colette, Rachael Griffiths, Bill Hunter)

Socially awkward Muriel has never been on a date. She and friend Rhoda move to Sydney for a new life and to find romance; comedy and a music soundtrack by ABBA.

1994 R 1h 45 min

Saturday, February 17 *Murder on the Orient Express*

(Johnny Depp, Kenneth Branagh)

Kenneth Branagh portrays the detective Hercule Poirot in this remake of Agatha Christie's famous novel.

2017 PG-13 1h 54min

Tuesday, February 20 *Victoria and Abdul*

(Judi Dench, Ali Fazal)

A British biographical comedy-drama. Queen Victoria strikes up an unlikely friendship with a young Indian clerk.

2017 PG-13 1h 51 min

Voice of the Residents February 2018 19

Saturday, February 24

The Pirates of Penzance

(Kevin Kline, Angela Lansbury)

The long-running Broadway production of Gilbert and Sullivan's classic has been filmed with the stage cast intact plus the addition of Angela Lansbury. Kevin Kline won a Tony Award for his portrayal of the Pirate King.

1983 G 1h 52min

Tuesday, February 27 *Viceroy's House*

(Hugh Bonneville, Gillian Anderson, Huma Qureshi)

Viceroy Mountbatten, the last viceroy of India, arrives in Delhi to oversee the transfer of power from Britain to India in 1947 as war looms between religious factions.

2017 NR 1h 46min

February 2018 in Hallowell and Taylor

Friday, February 2, 11 a.m.

Hallowell Hall Cluster Meeting

Friday, February 9, 2:30 p.m.

Valentine Classics on Harp with Laura

Saturday, February 10, 3 p.m.

Harp and Violin Duo from
Baltimore Youth Symphony Orchestra

Friday, February 16, 3 p.m.

Guided Meditation and Music with
Mike Smith

Monday, February 19, 10:30 a.m.

Taylor Hall Cluster Meeting

Wednesday, February 21, 3 p.m.

Monthly Birthday Party with Steve Flynn

Thursday, February 22, 10:30 a.m.

Traveling to Iceland with John Butler

Friday, February 23, 6 p.m.

Classical Guitar with Julien

Saturday, February 24, 3 p.m.

Rhythm and Motion Dance Group

Voice of the Residents

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Editorial Policy

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of individuals or the three organizational bodies that constitute Broadmead nor complaints about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 12th of the prior month or as soon thereafter as the editors specifically allow. All copy is subject to editing and cutting, and should be sent to voiceBRA@gmail.com.



Model train layout for the holidays in Hallowell Hall dining room

Erroll Hay